

Selene Whole Foods Co-op

Newsletter



Oct 2008

Supporting a Local, Sustainable Economy

Dawn Ann's Corner

By Dawn Ann Duboski

"Hello there! I hope this finds you all well!! It's finally FALL!!!! Please stop by and FALL into Selene to check out our new autumn window display! Also check out "Little by Little" changes we have been making in the store. ☺

I had soooo many ideas for October newsletter, but time got away from me!!! ☹ Starting next month, I will be implanting new sections to provide a shift in focus for our newsletter. My personal favorite is "Fabulous Recipes" (title may be changed). It's recipes using all or most of the ingredients that were purchased at Selene! I absolutely love, I mean LOVE to cook. I've been known to arrive home at 8-9 at night, and start cooking dinner! It doesn't mean I eat it that night. Ha ha but it's my way of relaxing. I've been experimenting with various food items that I buy from the Co-op. I would love to share this with you. Also, I would like members to share their favorite recipes as well! Please email me at selenecoop@verizon.net with 'recipe' as the subject."

Frontier

By Dawn Ann Duboski

"Remember the herbs and spices all the way in the back?? I don't know how long they have been there, but it's not the most appealing sight. Soooo on the advice of the wonderful General Manager at Weaver's Way (Mt. Airy), he advised me to call Frontier to see what we could do. I called them up and explain[ed] the situation- They are going to come out here (FREE OF CHARGE) and replace all the containers, labels, and most of the spices!!! Holy Snickerdoodles!!!! I'm sooo excited I cannot wait! They are thrilled as they are going to the First Fair Trade Town in US! This project will hopefully be completed at the end of October. Gonna look great!"



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Deliveries/Arrivals

By Dawn Ann Duboski

"Produce"—Sometimes on Tuesdays, always on Fridays

Eggs/milk—Tuesdays

Fresh Tofu—Fridays

Bulk Orders are placed by 12pm Weds. They arrive on Thurs. *If you need bulk items, please let me know by Tuesday!!!!"*



New Hours—Important!

As of now, Selene Co-op's new hours are Tuesday, 10-6; Wednesday thru Friday, 10-7; Saturday 10-5; and closed Sundays and Mondays. Make a note of it!

Second Saturday

As always, Selene will be open from 10 am to 9 pm on **Second Saturday, 11th October**. Hope to see you there! For Second Saturday events and map, see Media Arts Council site, [here](#).

Stop in to see who's playing!!!! If you are or know someone who's a musician who'd like to share their work, please contact Dawn Ann: selenecoop@verizon.net



Donations???

Dawn Ann would be thrilled if you can donate **bathroom items** you don't want or don't use any more—rugs, toilet-seat cover, towels, etc.

Questions for Members

By Dawn Ann Duboski

1. Would you like a section of vitamins dedicated to children?
2. Would you like to see more produce items?
3. Working Members (Where are you?????) What can we do to bring you in here?" To answer, drop in, call 610-566-1137, or email Dawn Ann: selenecoop@verizon.net.

Selene Whole Foods Co-op

305 West State Street, Media, Pennsylvania, 19063

610-566-1137

Manager: Dawn Ann Duboski; Newsletter: Melinda B. Parsons

Hours: Mon-Tues, 10-6; Wed-Fri, 10-7; Sat, 10-5; closed Sundays

<http://selenecoop.org>; email: selenecoop@verizon.net

Board of Directors' News!

By Peter Listino

On 22nd Sept, six Co-op members newly joined the Board on an interim basis, and since then, several candidates have applied for the 10th (and final) Board member position, along with asking to be Secretary—this will take the Board up to the annual membership meeting in the spring! The new interim members thus far are **Maura Curran, Peter Devaney, Amy Hart, Adam Levine, and Rusty and Nancy Neithammer**. Peter is President and Acting Secretary (till a new Secretary is chosen), Jackie Dooley is Vice President, and Dave Minnich is Treasurer. **Many thanks to all concerned!** As Peter says, *“This is an exciting time for Selene’s past to shine into the future. Sharing similar values, a sense of community, and a desire for sustainability—along with the goal of a stronger fiscal foundation to sustain the endeavor for our children’s, children’s, children’s, children’s, children’s, children’s—is a truly significant choice. Always looking for the effects on seven generations from now of any sustained endeavor is the test of truth in a planning effort that has vision. As a member, I want this for our co-op as we look beyond today’s market crunch with the foundational values that brought us here....”* Thanks Peter!



Speaking of Thanks....

Peter has asked me to extend the Co-op’s most sincere thanks to all who volunteered on the Big Clean-Up and re-organization effort on 27th and 28th of September! Not everyone left their name (or full name), but we’ve pieced together a partial list: **Connie Zachai, Mary Fala, Jim Hobson, Rusty Neithammer, Sarah Updegraff, Maura Curran, Meg Moyer, Annie Fetter, Roe, Denise, Norman Carter, and Marcie Bonilla**. To all of these folks—and the rest whose names we haven’t got (stand up & be counted!)—our grateful, grateful thanks!

Yoga Living—this Month on the 24th!

By Peter Listino

“For the past couple of years, **Yoga Living Journal** has hosted monthly events at a variety of locations around the Delaware Valley to bring like-minded, holistic people together to meet and network. I have attended nearly all of them and met wonderful people who share similar values and lifestyles.



The event is hosted by a **Yoga Living**

Journal advertiser who provides snacks and a cozy meeting place. On **Friday, October 24th, from 7:00 to 8:30 pm, there is going to be an event in the same building as Selene (Enso Yoga Studio, 319 B W. State St, Media)** to which you all are invited. It’s free and it’s fun for everyone.” **So mark your calendar.** ([photo](#))

SBN’s Circle of Entrepreneurs

The Sustainable Business Network of Greater Philadelphia (see [here](#)) has moved its monthly Circle of Entrepreneurs meetings from Malvern to Media, where it will be held the 3rd Thursday of each month at Media’s Coffee Club. Not only does SBN and its offshoots support local economies (see [here](#)), but it’s also a great networking group, especially if you have even the inkling of an idea for a business of your own—but no idea of how to go about it! As Peter Listino notes, *“We don’t have regular networking events for co-op members, so this is a great place to meet for all kinds of information. Here anyone looking for help on starting or improving or adding...to a business or practice or artistic endeavor or event or—the sky’s the limit!—may get advice from seasoned professors, business people, non-profits, and [other] talented contributors that show up each month to help others.”* The next meeting is **16th Oct at the Coffee Club from 5:45-8:00pm. Go for it!!**

Dawn Ann’s Fabulous Recipes

Leek and Potato Soup—Put in a saucepan several small or one large **leek**, sliced very fine; 3 stalks **celery**, sliced very fine; & 3 tbs **butter**. Cook 10 minutes, stirring constantly. Add 1 cup water, cover, & cook 10 min. Add 2½ cups of diced **potatoes** and water to cover. Cover pot & cook 10 min. longer. Add 3 cups **milk** [or dairy substitute] & simmer till potatoes are tender. Season to taste w/ **salt, pepper, & cayenne**. Serves 6.

What New Products are Coming or Already in Our Store????



☞ **Eco Discoveries/Cleaning Products:** glass, kitchen, bathroom/tub, nurseries! See website [here](#).



☞ **Seventh Generation:** Diapers (size 2, 4, 5), toilet papers, dishwasher liquids, soaps, paper towels, and many more. For their website, see [here](#).

☞ **Organic Pumpkin Pie mix:** Last year they didn’t do too well. This year they are selling like hotcakes!

☞ **Coming Soon and New:** Almond butter and olives tapenade from Living Tree Community Foods. Look for Organic Sundried Black Olives in 10 oz jars. Great for adding to your salad! And, Organic Raw Almond Butter in 8 oz hars. It’s a protein powerhouse! See their website [here](#). ([photo of organic almonds: credit](#))

☞ **My Motto:** “Little by Little”